



Rescue Diver

Course Instructor: Al Schumer, Northwest Diving Institute (www.nwscuba.org)

Email: als@nwscuba.org

Course Type: Rescue Diver

Course Tuition: \$200.00 **Required Text:** [Rescue Manual & DVD](#)

Session One

Session Type: Classroom **Session Location:** UWS Seattle

Session Date: Monday, November 08, 2010 **Session Time:** 6:00 PM

We'll meet at Underwater Sports to complete the necessary paperwork and go over the Knowledge Reviews 1-3 which include the following topics:

Specifics: Knowledge Development One

- The Psychology of Rescue
- First Aid Kits
- Emergency Oxygen Delivery Systems
- Automated External Defibrillator (AED)
- Managing an Emergency
- Self-rescue – Looking After Yourself First
- Recognizing Rescue Situations
- Non-swimming Assists and Rescues
- Assisting the Responsive Diver at the Surface

Knowledge Development Two

- Recognizing Stress in Divers
- Equipment Function and Function Related Problems
- Common Equipment Problems
- Release Function and Problems
- First Aid for Common Aquatic Life Injuries
- More on Responding to Responsive Divers at the Surface
- Exits with a Responsive Diver
- Post-attendance

Knowledge Development Three

- Emergency Action Plans
- Basic Life Support for Dive Emergencies
- Emergency Care
- Managing an Emergency Underwater
- Missing Diver Procedures

We'll then head to the pool for some hands-on practice.

Session Two

Session Type: Confined Water Dive **Session Location:** UWS Seattle

Session Date: Monday, November 08, 2010 **Session Time:** After Interval

Specifics: In our pool session tonight, we'll review Self-Rescue and complete rescue exercises 1-5 which include the following skills:

- Exercise 1: Tired Diver
- Exercise 2: Panicked Diver
- Exercise 3: Response from Shore, Boat or Dock (Responsive Diver)
- Exercise 4: Distressed Diver Underwater
- Exercise 5: Missing Diver

Session Three

Session Type: Classroom **Session Location:** UWS Seattle

Session Date: Wednesday, November 10, 2010 **Session Time:** 6:00 PM

Tonight we'll complete Knowledge Reviews 4-5 which include the following topics:

Specifics:

Knowledge Development Four

- Critical Incident Stress
- Pressure-related Injuries
- First Aid for Decompression Illness
- Near Drowning
- Managing Unresponsive Diver Accidents at the Surface
- Rescue Breathing Techniques
- Unresponsive Diver Underwater
- Equipment Removal

Knowledge Development Five

- Post-accident Reports
- Use of Emergency Oxygen
- Managing the Scene Until Help Arrives
- Exiting with the Unresponsive Diver

We'll then take the **final exam** and head to the pool.

Session Four

Session Type: Confined Water Dive **Session Location:** UWS Seattle

Session Date: Wednesday, November 10, 2010 **Session Time:** After Interval

Specifics: In our final pool session tonight, we'll complete rescue exercises 6-10 which include the following skills:

- Exercise 6: Surfacing the Unresponsive Diver
- Exercise 7: Unresponsive Diver at the Surface
- Exercise 8: Exiting the Unresponsive Diver
- Exercise 9: First Aid for Pressure-related Injuries and Oxygen Administration
- Exercise 10: Response from Shore/Boat Unresponsive Diver

Session Five

Session Type: Open Water Dives **Session Location:** Cove Two, Alki Beach

Session Date: Saturday, November 13, 2010 **Session Time:** 1:00 PM

Specifics: We'll meet at the beach and conclude the class with four open water rescue scenarios which involve the following skills:

- Scenario One: Distressed Diver Underwater with Extremity Injury
- Scenario Two: Distressed Divers on the Surface
- Scenario Three: Unresponsive Diver Underwater
- Scenario Four: Unresponsive Diver on the Surface, Exiting the Unresponsive Diver, and Providing First Aid

Final Session

Session Type: Lunch **Session Location:** Alki Beach

Session Date: Saturday, November 13, 2010 **Session Time:** After Interval

Specifics: After everyone is packed up, we'll meet at the Alki Fish & Crab Company for some lunch (optional) and to complete your certification paperwork.

Congratulations, you are now a certified Rescue Diver!

Equipment Required for this Course

Item 1: Exposure Suit **Item 2:** Snorkeling gear **Item 3:** One Tank

Item 4: Regulator **Item 5:** BCD **Item 6:** Weights

Equipment Recommended for this Course

Item 1: Dan Insurance **Item 2:** Pocket Mask

NOTES:



Please bring your First Aid and CPR certification cards to the first night's class along with your completed Knowledge Reviews 1-3. This class is one of the most challenging and rewarding courses you will ever take. It will make you an asset to the diving community, more confident as a diver, and speed you along your way towards becoming a Master Scuba Diver, and beyond.

You can meet your First Aid and CPR rescue diver requirements by taking my Emergency First Responder, CPR, and AED classes; in addition to my Emergency Oxygen Provider specialty class.